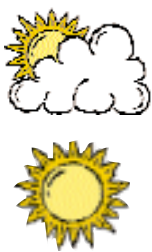


Weekend Weather

Friday: Foggy and partly cloudy – high 81, low 59
Saturday: Partly to mostly cloudy – high 79, low 55
Sunday: Partly cloudy – high 79, low 59



Sorties



Squadron	Month	Year
8th FW	213	5785
35th FS	106	2885
80th FS	107	2900

ATSO tips

Place green tape on the front and back of the helmet and flak vest. As a minimum, write your name and rank on the tape. If required by your unit, write your AFSC as well.



-Chapter 5-2.



WOLF PACK WARRIOR

Vol. 17, No. 21

Serving the members of the 8th Fighter Wing, Kunsan Air Base, Republic of Korea

June 7, 2002



Olympic cyclists pedal through Kunsan



Photos by Tech. Sgt. Maurice Hessel

Above: About 30 Wolf Pack members rose to ride with Olympic Cyclists Erin Hartwell and Ruthie Matthes during the 10K bike ride Friday morning.
Right: Erin Hartwell second from right, and Ruthie Matthes answer the gathered Kunsan bike enthusiasts' questions and emphasized safety points during the bike clinic.



By Staff Sgt. Jerome Baysmore
8th Fighter Wing Public Affairs

Olympic cyclists Erin Hartwell and Ruthie Matthes pedaled through Kunsan to promote fitness through cycling last Friday. About 30 Wolf Pack members, the largest volunteer group so far in Pacific Air Forces Celebrity Cycling Tour joined the duo for a 10K bike ride that morning. "I think the people in the United States don't realize how difficult it is to be [stationed] here and doing what you do," said Brain Lee, tour promoter. "We had a good time, and we're impressed. The amount of riders we had this morning was the largest group we've had so far for the base ride." Hartwell and Matthes gave the gathered Wolf Pack members bicycle maintenance and safety riding tips after the 10K bike ride around Kunsan in the bike shop. "It's imperative to have a good bike fit, and I recommend getting info that will tell you how to do it at home," Hartwell said. "It's all about comfort so don't be afraid to change, but it all starts with a flat and level seat. "Cycling is an unnatural event, but we're adaptable and proper bike fit is the key," he said. Matthes echoed Hartwell with an emphasis on safety and nutrition, "The number one thing that is needed for safety is a helmet. Number two is

– See BIKE, Page 3

AETC transfers training courses to streamline process

The Air Education and Training Command commander announced the realignment of several technical training courses at Keesler Air Force Base, Miss., and Lackland AFB and Sheppard AFB in Texas Tuesday. Gen. Don Cook presented his plans to consolidate similar training functions and transfer loadmaster training to Altus AFB, Okla., and Little Rock AFB, Ark. Known as the Centers of Excellence in Technical Training, the plan redistributes training courses and associated resources at AETC bases to align the technical expertise associated with a training discipline at one location, officials said. This change will allow students, instructors and training equipment used for similar courses to be concentrated at a single training center. The changes bring undergraduate enlisted aircrew training to Lackland. Sheppard becomes the center for all avionics maintenance training, while Keesler becomes the training center for electronic principles, education and training, and finance. Altus and Little

Rock gain basic loadmaster training for their aircraft. Cook said the reason for the change is "to bring our training centers into a better functional alignment, save money by not duplicating similar training processes at several locations and to make best use of our experienced instructor pool."The changes are scheduled to begin this summer and be completed by late 2003 to ensure a smooth transition at all affected locations, said officials. (Report courtesy of AETC News Service)

STD statistics not to be taken lightly

By Senior Airman Nicole Diaz
8th Medical Group Public Health

What's more embarrassing, talking about sexually transmitted diseases with your partner, or getting one?

Few of us know as much as we should about STDs. If you're like most people, you probably don't spend a lot of time thinking about your risk for acquiring one.

There are many myths about STDs, and many people believe they can tell whether or not their partner has an STD.

Others think Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS) is the only serious sexually transmitted disease.

The facts tell a radically different story.

One out of every five Americans carries a sexually transmitted disease.

Four million people are infected with chlamydia each year.

Here at Kunsan, we don't have raw numbers as high as most statistics show because of our smaller population.

But we do average about five-to-10

STD cases a month.

This does not account for the contacts of the initial cases.

If you consider that the only way to acquire an STD is through sexual contact, then you can assume that all cases have at least one contact, some may have as many as four or five.

All of these people are infectious and can spread STDs.

So what are STDs?

STDs are infections that can be spread by having sex with another person who is infected.

Most are curable, some are unfortunately not.

If you have unprotected intercourse with someone who has an STD, chances are you will acquire the infection as well.

More than half of the people who contract STDs experience no noticeable symptoms--no sores, blisters or rashes. There is no way of telling, just by looking at a potential partner, whether or not he or she has an STD.

Aside from HIV, there are several STDs that are quite serious.

Diseases like syphilis, gonorrhea, and

chlamydia can have long-term consequences if they go undiagnosed and untreated. Such consequences can include infertility in both males and females.

Because of differences in anatomy, women are at greater risk of acquiring an STD during intercourse than men. Women are more likely to acquire chlamydia in a single act of unprotected intercourse with an infected partner. These odds are twice as high as a man's risk under the same circumstances.

So how can you minimize your chances of becoming infected?

Remember, body secretions such as semen and vaginal fluids transmit STDs. Minimizing exposure to these secretions is the basis of prevention.

Refraining from sexual intercourse is 100 percent effective, but not a realistic option to most sexually active people.

The only way you can be sure to not acquire an infection is to get yourself and your partner tested for STDs prior to engaging in any sexual relations, and to remain in a monogamous relationship.

To greatly reduce your chances of

acquiring an STD, practice safer sex through use of a condom.

Using condoms (or other latex barriers) properly is a proven way of greatly reducing the risk of transmission, but it will not prevent STDs 100 percent of the time.

If you think you may have an STD or have been exposed to one, see a health-care provider immediately.

Most people are too embarrassed to talk about STDs, especially with their partner. However, it is an important discussion to have. It is equally important to become educated on STDs and all the potential health risks associated with them.

It is very important to stop the chain of infection. Whether you want to admit it or not, STDs are out there and you need to be aware of this fact to protect yourself.

A lot of people do not want to know, but it is better to be informed and prevent a problem from occurring.

Remember the serious long-term effects of STDs. Protect yourself and your loved ones.

Q: What is the proper procedure I should take while the National Anthem is played before a movie in the base theater? I've seen people in civilian clothes either standing at attention or standing with their hands over their heart. Is there a preference as to which one I should do?

A: According to Air Force Instruction, AFI 36-2203, Drill and Ceremonies, the proper courtesy to render is just like you would normally do in civilian clothes outdoors at a baseball or football game by standing with your right hand over your heart. Of course, if you're in uniform and indoors, you must stand at attention until the music stops.

Commander's Hotline

Who to call	
Base exchange.....	782-4520
Chapel.....	782-4300
Civil engineer squadron customer service.....	782-5318
Commissary manager.....	782-4144
Computer help desk.....	782-2666
Fitness center.....	782-4026
Housing office.....	782-4088
Inspector General.....	782-4850
IDEA office.....	782-4020
Law enforcement desk.....	782-4944
Legal assistance.....	782-4283
Military equal opportunity.....	782-4055
Military pay.....	782-5574
Military personnel flight customer service.....	782-5276
Medical patient advocate.....	782-4014



Col. Guy Dahlbeck
8th Fighter Wing commander

The commander's hotline is your direct line of communication between me and the Wolf Pack. It's one of several means of helping to resolve concerns and to get my response to comments and questions. As a general rule, I ask you to contact the agency involved first, but if you are not satisfied, call the hotline at 782-5284, e-mail the 8th Fighter Wing Public Affairs office or e-mail me directly.

News Briefs

SonLight Inn meal

The free SonLight Inn meal is Spaghetti with meat sauce, garlic bread, baked rigatoni and salad. Tonight's meal is sponsored by the 8th Supply Squadron "Killer Bees."

Change of Commands

Lt. Col. Michael Hilton took command of the 8th Operations Support Squadron from Lt. Col. Jeff Hilt noon today at Hangar 3.

Maj. Patrick Kennedy will take command of the 8th Transportation Squadron from Maj. William Donovan at 11 a.m. June 14 in the 8th TRANS lot.

Tuition assistance

Tuition assistance will increase to 100

percent. Starting in October, the Air Force will pay up to \$250 per credit hour and up to \$4,500 annually. Call the base education office at 782-5148 for details.

Final outprocessing

Wolf Pack members scheduled to PCS on Thursdays must attend the mandatory final outprocessing appointments at 8 a.m. that morning at the Loring Club in uniform.

For others scheduled to leave on days other than Thursdays, the final outprocessing appointment is in Bldg. 755 room 130, between noon and 5 p.m. one day before your scheduled departure.

PAX terminal renovation

The temporary passenger terminal is

located in Bldg. 1104 (Seabreeze.) Space available call is Thursdays at 8 a.m., call 782-4266 for details.

TAP seminar

Members scheduled to separate or retire within the next 24 months are required to attend the three-day Transition Assistance Program seminar from 8:30 a.m.- 4 p.m. Tuesday - Thursday at the SonLight Inn.

Weapons Qualification

All Wolf Pack members going to an overseas assignment or to a unit where weapons qualification is necessary, contact the base training office about 100 days before departing Korea. Call your unit training manager for details.



Wolf Pack WARRIOR Editorial staff

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8th Fighter Wing commander
1st Lt. Miki Krejcarek
chief, public affairs
1st Lt. Ben Frankenfield
chief, internal information
MSgt. Michael Casados
superintendent
SSgt. Jerome Baysmore
editor
A1C Brian Hill
assistant editor

This funded Air Force newspaper is an authorized publication for members of the U.S. military services overseas. Contents of the **Wolf Pack Warrior** are not necessarily the official view of, or endorsed by, the U.S. Government, the Department of Defense or the Department of the Air Force.

The editorial content is edited, prepared, and provided by the 8th Fighter Wing Public Affairs office of Kunsan Air Base, Republic of Korea, which is located at Building 1305. The public affairs address is 8th FW/PA, PSC 2 Box 2090, APO AP 96264-2090.

Deadline for submissions to the **Wolf Pack Warrior** is no later than Thursday, 4:30 p.m., one week prior to publication.

The preferred medium for submission is e-mail to WolfPackWarrior@kunsan.af.mil.

Faxes and typewritten submissions are also accepted.

The voice mail to 8th Fighter Wing Public Affairs is 782-4705.

The fax number is 782-7568.

Article 15 punishments for May released

By Staff Sgt. Paul Braun
8th Fighter Wing Legal Office

Two members of the Wolf Pack received punishment under Article 15 of the Uniform Code of Military Justice during the month of May.

A Senior Airman from the 8th Maintenance Squadron was found guilty of dereliction of duty for failing to be on telephone standby in violation of Article 92, UCMJ. The commander imposed punishment of reduction to the grade of Airman 1st Class, suspended until Nov. 2, restriction to base for 14 days, 14 days extra duty, and a reprimand.

An Airman 1st Class from the 8th Supply Squadron was found guilty of failure to obey two separate lawful orders and drunk and disorderly conduct in violation of Articles 92 and 134, UCMJ. The commander imposed punishment of reduction to the grade of Airman, suspended until Nov. 7, forfeiture of \$100 pay, 30 days extra duty, restriction to base for 30 days, and a reprimand.

An Airman 1st Class from the 8th Security Forces Squadron was found guilty of insubordinate conduct towards an NCO, violation of Article 91 and disorderly conduct, violation of Article 134. The commander imposed punishment of 14 days extra duty and a reprimand.

– BIKE, From Page 1

cycling shorts followed with shoes, gloves and eyewear."

A bike is another means of transportation where the body is the motor, the National, Olympic Team, and World Champion mountain biker said. "With a good clean diet, the engine it going to run cleaner and the bike's going to go faster."

Although Hartwell is an accomplished rider with five World championship competitions under his belt to include an Olympic bronze medal in 1992 and a silver medal in 1996, he says the two-tenths of a second margin that caused him not to reach gold still haunts him.

"I can't even explain it. I put my heart and soul into winning. Yeah, I've attained some lofty goals, but I'm not the Olympic champ," he said. "I've achieved the goal of reaching the Olympics, but never winning is going to haunt me until I die."

Hartwell and Matthes say they admire the sacrifices military members make every day.

"This has been a great tour and wonderful experience," Matthes said. "It's an amazing sacrifice because you want to be with family and friends. I've enjoyed seeing what the Air Force is about."

What is the policy for filing an IG complaint?

Air Force military and civilian members have a duty to promptly report Fraud Waste and Abuse or gross mismanagement; a violation of law, policy, procedures, or regulations; an injustice; abuse of authority, inappropriate conduct, or misconduct (as defined by instruction); and a deficiency or like condition, to an appropriate supervisor or commander, to an Inspector General or other appropriate inspector, or through an established grievance channel. FWA complaints may be reported to the AFAA, AFOSI, security forces, or other proper authority. All military and civilian members must promptly advise the AFOSI of suspected criminal misconduct or fraud.

- Complainants should attempt to resolve FWA issues and personal complaints at the lowest possible level using command channels before addressing them to a higher level or the IG.
- The immediate supervisory command chain can often resolve complaints more quickly and effectively than a higher level not familiar with the situation.
- The IG system should be used when referral to the command chain would be futile or there is fear of reprisal.
- When complaints are addressed to a higher level (the President, Congress, SAF/OS, SAF/IG, etc.), the IG office, which is tasked with the complaint, will determine the appropriate level or organization for redress of the complaint. The complaint may be referred back to the complainant's command IG for investigation.

When complainants send the same or a similar complaint to several levels of the government, the highest level with which the complainant corresponds will normally reply, unless determined otherwise by the higher-level office. If it is decided that a higher level will respond, the IG must inform the complainant they will not receive separate replies from various levels of the government and inform the complainant which level will provide the response.

If you have any questions regarding IG issues please contact Master Sgt. Leroy Rolston, 8th Fighter Wing Inspector General office at 782-4850.



Staff Sgt.
Brad Strable



Pride of the Pack

Job: 8th Medical Group urgent care clinic technician
Hometown: Boone, Iowa
Follow-on: Aviano Air Base, Italy
Hobbies: Running, hiking, fishing, traveling with wife

Nominees are selected for outstanding service and dedication to their unit. To nominate an individual, contact the member's group commander.

Commentary

Farewell to Arms

By Capt. Roberto Quiroz II
8th Services Squadron

After 8 years of service in the U. S. Air Force, my time with you ends June 27. It has been my honor to serve with America's sons and daughters of diverse backgrounds who come from rural and urban areas across our land. You serve with the highest values of the profession of arms - integrity, service, excellence. It has been my honor to follow, lead, serve with, and learn from many of you.

Following the devastating surprise attacks in New York and Washington D.C. on September 11, President Bush urged us to emulate "the courage of our fathers" in the war on terrorism. That courage destroyed three powerful adversaries in the Pacific and Europe in World War II - imperialism, fascism and nazism. It ensured a free Republic of Korea south of the 38th parallel from 1954 to today. It fought for the freedom of the people of Vietnam from 1959 to 1975. In 1992 it provided food to the hungry in Somalia, and won victories against tyranny in Grenada in 1982, Panama in 1989, Desert Shield/Storm in 1990-91, Bosnia in 1993, Kosovo in 1999 and Afghanistan and other corners of the world today.

You give your best each day for a higher calling, not a salary. It is not easy to leave families behind and serve in harm's way every day around the globe. Our airmen, soldiers, sailors and Marines removed the oppressive Taliban regime from power in less than two months and are now hunting down terrorists wherever they may hide. As we speak, Osama Bin Laden is either dead or running in fear for his life. Our forces never hesitated to do their duty. Like the firefighters and policemen of New York, our military is made of heroes. Many of you have made the same sacrifice before in other theaters of war. Today, the American people have a renewed sense of pride in their armed forces because of you. Your families share in that pride through their sacrifices so you can do your duty while away. They deserve much more than appreciation for it.

The President promised a world free of terror will emerge after we achieve victory in this war. It will make possible for nations to increase development of free enterprise, enhance international cooperation aligned with efforts to fight the common enemies of freedom: poverty, hunger, disease, totalitarianism, extremism and fundamentalism.

I leave the Air Force with thankfulness for the opportunity to serve among you. I learned that leadership is a gift and the lesson that respect is earned through trust and goodwill. Some of the great leaders I have met have been NCO's of all levels. Their mentorship helped me along my journey. Thanks to the Air Force I served in diverse places as California, Texas, Arkansas, Honduras and Korea, and was also able to visit other countries and several states of our nation. I will always remember the dedication of the troops in my flight at the 8th Services Squadron. They made the entire team shine and excelled in all tasks as "morale builders of the force."

I will also remember top leaders like the Wolf and CMSgt Bagwell who inspire others through their example, and Chaplain Robert Sugg, a pastor and friend in whom the troops and I could count on any given day. Because of their service, and that of all airmen of the Wolf Pack, our teamwork and bonds of trust ensure we maintain the vision of our mission: Defend the Base, Accept Follow-On Forces, Take the Fight North!

It was my honor to have served among you as an Officer and a Gentleman always believing in those principles embodied by your service. I bid you my final salute. May God always bless you, our U.S. Air Force, and the United States of America.

Don't get overdone by the sun

By Capt. Jim Allen
8th Medical Group

As we leave the monsoon season behind in the Republic of Korea, the 101 Critical Days of Summer are steadily approaching.

Unless you plan to spend the sunny days in MOPP Four, you will need some protection from the effects our giant star can emanate.

Sunscreen is an absolute necessity in decreasing the risks associated with sun exposure.

Though publicized for years, many still have questions concerning the effi-

cacy and need for sunscreen. Why use it? Who needs it? What can happen if I do not use it?

The following information is from the American Academy of Dermatology.

Who needs to use sunscreen?

In a word: everyone! The Food and Drug Administration and the American Academy of Dermatology recognize six skin categories.

Furthermore, the American Academy of Dermatology recommends using a product with a minimum SPF 15 or greater everyday.

Skin Type	Sun History	Example
1.	Always burns easily, never tans extremely sun sensitive skin.	Red-headed, freckles, Irish/Scots/Welsh
2.	Always burns easily, tans minimally, very sun sensitive skin.	Fair skinned, fair-haired, blue-eyed, Caucasians
3.	Sometimes burns, tans gradually to light brown, sun sensitive skin.	Average skin
4.	Burns minimally, always tans to moderate brown, minimally sun sensitive.	Mediterranean-type Caucasians
5.	Rarely burns, tans well, sun insensitive skin.	Middle Eastern, some Hispanics, some African-Americans
6.	Never burns, deeply pigmented, sun insensitive skin.	African-Americans

What is an SPF?

SPF stands for Sun Protection Factor. Sunscreens are rated or classified by the strength of their SPF. The SPF numbers on the packaging can range from as low as two, to as high as 60. These numbers refer to the product's ability to screen or block out the sun's burning rays.

The sunscreen SPF rating is calculated by comparing the amount of time needed to produce a sunburn on protected skin to the amount of time needed to cause a sunburn on the unprotected skin.

For example, if a sunscreen is rated SPF two and a fair-skinned person who would normally turn red after ten minutes of exposure in the sun uses it, it would take twenty minutes of exposure for the skin to turn red. A sunscreen with an SPF of 15 would allow that person to multiply that initial burning time by 15, which means it would take 15 times longer to burn, or 150 minutes.

When should a sunscreen be used?

Sunscreens should be used every day

if you are going to be in the sun for more than 20 minutes. They can be applied under makeup. There are many cosmetic products available today that contain sunscreens for daily use because sun protection is the principal means of preventing premature aging and skin cancer. Sunscreens used on a regular basis actually allow some repair of damaged skin.

The sun's reflective powers are great – 17 percent on sand and 80 percent on snow/water. Don't reserve the use of these products only for sunny summer days. Even on a cloudy day, 80 percent of the sun's ultraviolet rays pass through the clouds.

How much sunscreen should be used, and how often should it be applied?

Sunscreens should be applied to dry skin 15 to 30 minutes before going outdoors. When applying sunscreen, pay particular attention to the face, hands and arms, and coat the skin liberally. One ounce, enough to fill a shot glass, is considered the amount needed to cover the exposed areas of the body

properly. Be careful to cover exposed areas completely – a missed spot could mean a patchy, painful sunburn. Don't forget that lips get sunburned too, so apply a lip balm that contains sunscreen, preferably with an SPF of 15 or higher.

Sunscreens should be applied in the morning and reapplied after swimming or perspiring heavily. Even so-called water resistant sunscreens may lose their effectiveness after 80 minutes in the water. Sunscreens rub off as well as wash off, so if you've towel-dried reapply waterproof sunscreen for continued protection. Don't forget that sun exposure occurs all the time, even while you're taking a short walk on a cloudy day.

Is sunscreen application all I need to do to protect myself from the sun?

No. Although sunscreens are a very important part of maximum sun protection, wide brimmed hats, protective clothing and sun avoidance (between the hours of 10 a.m. and 4 p.m.) are also important. Current sunscreen preparations are not sufficiently protective to be used as the sole means of sun protection. Sunscreens should be viewed as a back-up to primary means of sun protection such as shirts, hats and sun avoidance.

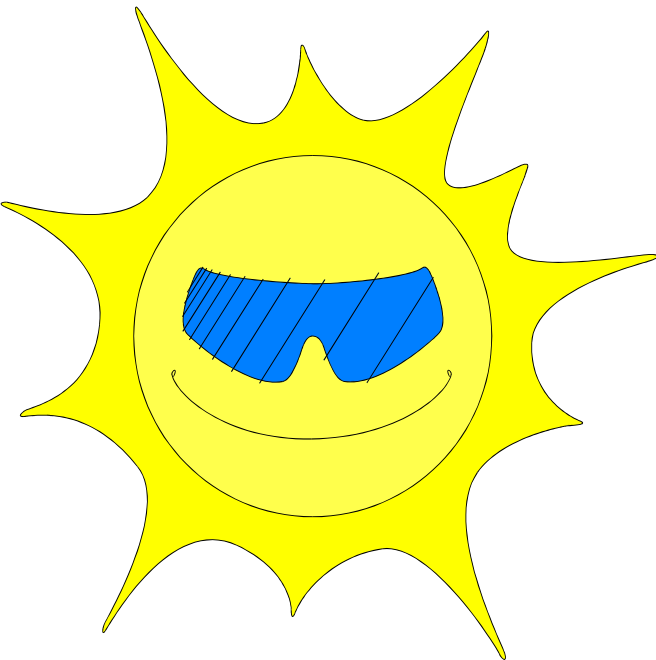
A number of studies have confirmed that repeated sunburns substantially increase the risk for melanoma. This is especially true for childhood sunburns because there is more time and opportunity for subsequent sun damage to lead to fully malignant melanoma.

Is there a safe way to tan?

There is no known safe way to tan. A suntan is the skin's response to an injury. Tanning occurs when the sun's ultraviolet rays penetrate the skin's inner layer, which causes the skin to produce more melanin as a response to the injury. Chronic exposure to the sun results in a change in the skin's texture causing wrinkling and age spots.

Are tanning booths a safer way to tan?

In spite of claims that tanning booths offer "safe" tanning, exposure in these booths can cause cataracts (eye damage), sunburns, skin cancer and premature aging of the skin. Tanning booths emit radiation which poses both short and long-term risks to the skin. Artificial radiation carries all the risks of natural sunlight.



In addition, there can be damage to the body's immune system and reactions to certain fragrances, lotions, moisturizers and medications.

Many tanning salons are unregulated, allowing customers (especially those whose skin is incapable of tanning) access to tanning beds without supervision or eye protection.

How do I treat a sunburn?

In case you forget to cover up and apply sunscreen, the resulting sunburn can be dangerous. There are several types of burns and burn treatments.

Remember that you may not immediately see the effects of overexposure to the sun. It may take up to 24 hours before the full damage is visible.

The two most common are first degree burns and second degree burns.

First degree sunburns cause redness and will heal, possibly with some peeling, within a few days. These can be painful and are best treated with cool baths and bland moisturizers or over-the-counter hydrocortisone creams. Avoid the use of "-caine" products (such as benzocaine) which may cause sensitivity to a broad range of important chemicals. Aspirin taken orally may lessen early development of sunburn.

Second degree sunburns blister and can be considered a medical emergency if a large area is affected. When a burn is severe, accompanied by a headache, chills or a fever, seek medical help right away.

Be sure to protect your skin from the sun while it heals and thereafter.

Several studies associate severe childhood or adolescent sunburns with the development of malignant melanoma, a potentially lethal form of skin cancer, later in life.

Do yourself a favor and take care of your skin. A simple application of sunscreen will help you enjoy the summer now and help prevent the potential for skin cancer later.

Please contact your Primary Care Manager at the 8th Medical Group for more information.

This time of year the warm weather draws people out who are anxious for adventure and new activities – such as site seeing, hiking and biking. Three Wolf Pack members decided to journey across the western Korean peninsula on their mountain bikes Memorial Day Weekend, completing the ...

By Master Sgt. James Scaccia
8th Communications Squadron

Tour de ROK

We departed Kunsan on a Saturday morning on a journey we will cherish for the rest of our lives. All of us being avid bicyclists, for almost a year we planned this trip North to Osan.

We did it for two reasons: First to explore the Korean countryside via a road tour, and second to prove to ourselves that we could actually do it.

The idea came to light during a weekend ride to Kunsan City in 2001. We all knew a 180-kilometer bike ride would require conditioning to complete in one day, so over the course of the next ten months, we each bicycled more than 1,000 miles in preparation for the trip – weekend rides grunting out the hills of Wolmyeong Park and Eumpa Lake in Kunsan City as well as countless laps around the base perimeter road sufficed in building leg strength and synchronizing the heart and lungs.

We journeyed from Kunsan to Osan via routes 29 and 39 through the countryside. The 113-mile course offered much to be appreciated from its breath taking beauty to the variety of challenges it imposed. Besides the constant head wind, open flats prompted aggressive wind gusts and the hilly terrain made 24 gears on the bikes a must.

A total of six mountains had to be scaled – one of which was a five-mile incline in itself. However, what goes up must come down, and the 50-minute climb at six miles per hour was well complimented by the adrenaline pumping 43 MPH speed achieved down the backside of the mountain.

Personally, the highlight of the trip for me was seeing facial expressions of disbelief from our 51st Fighter Wing neighbors up at Osan, who were in disbelief that three Wolf Pack members biked all that way.

The overall journey was accomplished at an average speed of 14 MPH taking 10 hours to complete with a total riding time of eight hours, eight minutes.

Paramount over all else was safety. Captains Chad DeNaughel and Jill Bazeley from the 8th Communications Squadron, served as the "pit crew." They provided the required food, drink, tools, clothing and communications via road stops at predetermined mile marks.

The initial stop was at the 40-mile mark then averaged 15-20 miles there on.

We also captured fantastic footage for memories of the Tour de ROK escapade.



Photos by Capt. Jill Bazeley

Capt. James Tamura, 8th Support Group executive officer, Maj. Scott Tobin, 8th Communications Squadron commander, and Master Sgt. James Scaccia, 8th Communications first sergeant, at the finish line – Osan Air Base – after completing a 113 mile ride from Kunsan Memorial Day Weekend.

The trip didn't only satisfy personal goals though. It was just another reminder of the kind generosity of our Republic of Korean hosts. During the trip, many locals provided us the right-of-way of the road, waved and gave kind greetings and on two occasions provided bottled water for us. You would have thought we were on an official bicycling tour.

Personally, the highlight of the trip for me though was seeing facial expressions of disbelief from our 51st Fighter Wing neighbors up at Osan, who were in disbelief that three Wolf Pack members biked all that way.

Anyone interested in more details about the journey can contact Maj. Scott Tobin at 782-1982, Capt. James Tamura at 782-5113, or me, at 782-5531.



Capt. James Tamura, 8th Support Group executive officer, rides along during the trip.



At the movies

Show times are subject to change without notice.



Friday – “Murder By Numbers” (R) Running time: 2 hours and 5 minutes. Starring Sandra Bullock and Ben Chaplin, 7 p.m. and 9:30 p.m.

Saturday – “Murder By Numbers” (R) Running time: 2 hours and 5 minutes. Starring Sandra Bullock and Ben Chaplin, 3 p.m., 7 p.m. and 9:30 p.m.

Sunday – “Blade II” (R) Running time: 1 hour and 48 minutes. Starring Wesley Snipes and Kris Kristofferson, 3, 7 and 9:30 p.m.

Monday – “Blade II” (R) Running time: 1 hour and 48 minutes. Starring Wesley Snipes and Kris Kristofferson, 8 p.m.

Tuesday – “40 Days and 40 Nights” (R) Running time: 1 hour 31 minutes. Starring Josh Hartnett and Shannyn Sossamon, 8 p.m.

Wednesday – “E.T. The Extra Terrestrial” (PG) Running time: 2 hours. Starring Henry Thomas and Dee Wallace, 8 p.m.

Thursday – “E.T. The Extra Terrestrial” (PG) Running time: 2 hours. Starring Henry Thomas and Dee Wallace, 8 p.m.

Dining facility menus

Menus are subject to change without notice.

O’Malley Inn Dining Facility

Bldg. 550 Phone: 782-7202

Friday

Dinner: Ginger Pot Roast, and Mr. Z baked chicken and pepper steak
Special: Fishwich and taco bar

Saturday

Brunch: Chili Mac and ham steak
Supper: Corned beef with apple glaze, pineapple chicken and Yankee pot roast

Sunday

Brunch: Yankee pot roast and fried chicken
Supper: Fish almondine, Cajun meat loaf and baked chicken
Birthday Meal starts at 6:15 p.m.

Monday

Lunch: Beef porcupines, pork schnizel with mushroom sauce and tempura fried fish
Supper: Ginger pot roast, Mr. Z baked chicken and pepper steak.
Special: Steak & cheese submarine sandwich and pasta bar

Tuesday

Lunch: Baked stuffed fish, pot roast and fresh ham
Dinner: Fried chicken, chili mac and beef cannelloni
Special: Cannonball sandwich and taco bar

Wednesday

Lunch: Beef pot pie, salmon cakes and Teriyaki chicken
Dinner: Country Capt. chicken, meatloaf and turkey ala king
Special: Chicken patties and nacho bar

Thursday

Italian lunch: Veal parmesan, Italian Sausage and spaghetti with meat sauce
Dinner: Beef stroganoff, lemon baked chicken and stuffed pork chops
Special: Buffalo wings and pasta bar

C-Pad Dining Facility

Bldg. 2850 Phone: 782-4688



Friday

Roast turkey, fried shrimp and Szechwan beef

Monday

Beef porcupines, grilled tenderloin steaks and mustard dill fish

Tuesday

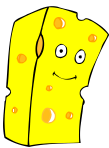
Southern Meal: Barbecued spareribs, Southern fried catfish and chicken jambalaya

Wednesday

Roast beef, pancit chicken and Parmesan fish

Thursday

Salisbury steaks, pork chops with mushroom gravy and stir fry chicken with broccoli



Menus and amount of service offered are subject to change.



Looking for a break from the norm?



Stop in the SonLight Inn for free breakfast, fellowship and conversation Saturdays from 8-10 a.m.

Call 782-5466 for details.

Chapel Schedule

Catholic Mass: Sunday at 9 a.m.; Saturday at 5:30 p.m.; and Monday through Thursday at 11:30 a.m. Reconciliation is Saturday at 4:30 p.m.

Protestant services: General Protestant Service is Sunday at 11 a.m.; Inspirational Fellowship is Fridays at 7:30 p.m.

Church of Christ services: Sunday at the SonLight Inn, Room 1; Bible study is at 10 a.m; Worship is at 11 a.m. and 6 p.m.; Wednesday Bible study is at 7 p.m. at the SonLight Inn, Room 1.

Church of Jesus Christ of Latter-day Saints services: Sunday at 3 p.m. at the base chapel.

Alcoholics Anonymous: Meetings are Tuesday, Thursday and Saturday from 8-9 p.m. in Room 1 at the SonLight Inn. For more information call 782-4300 or tune in to channel 9.

Space-A travel notes

✦ Baggage limitations are limited to two pieces of checked baggage not exceeding 70 pounds each. One carry-on (not to include a purse or briefcase) no larger than 22 inches long, by 9 inches wide, by 14 inches high, is allowed.

✦ You must be in a leave status in order to sign-up or register for a space-A flight.

✦ Call the passenger terminal at 782-4666 for more information.

Ready for a swim?

The Wolf Pack pool is empty because the staff needs you! The base pool is only open from noon to 4 p.m., except Wednesdays, until they get enough trained lifeguards to extend the hours. Lifeguard classes are forming now. For more information or to sign up, call 782-5306.

If you are involved in a newsworthy event here at Kunsan (i.e. promotion, awarded a medal, etc.) and you would like your family and friends back home to know about it, stop by the Public Affairs office in Bldg. 1305, Room 235 and fill out a DD Form 2266: Hometown News Release form to get your event published in your hometown newspaper.

Rabid Ref offers changes for intramural softball

By the Rabid Ref

The last two weeks we looked at some of my changes to the way basketball and soccer should be called.

This week I'll do a few changes to softball--slow pitch softball, that's what we do here at the Kun.

Continuing the no-contact theme for "non-contact" sports, I would add or enforce existing rules about contact.

Softball is not a contact sport, although there is a little contact inherent in the game.

That contact will be limited solely to tagging a runner out in the normal play of the game. What would be eliminated is runner/fielder contact from sliding into a base or home plate.

We would not eliminate contact by allowing the runners to overrun all the bases like the rules currently allow at first base.

That is a dumb rule that was actually tried here at Kunsan, and very briefly, awhile back.

What the overrun rule does is get a player heading into the bases at full steam and not going down into a slide and not attempting to avoid the fielder.

What then happens is the runner gets hit in the head with a thrown ball or they plow into the fielder waiting to make a play--result: unnecessary injury.

How would I reduce contact?

Put a double bag for use on force plays at all three bases and at home instead of just at first. The runners' bag at second would normally be the existing bag.

The fielders' second would be the same size and adjoin the current bag at the side towards right center.



The runners' third would normally be the existing bag. The fielders' third would be the same size and adjoin the current bag at the side towards left field.

The runners' home would normally be the existing plate.

The fielders' home would be the same size and adjoin the current

plate at the side towards the pitcher.

Those locations were chosen because that's where the throw is normally coming from.

It prevents the fielders from having to throw through a player. If the play was coming from the infield, the runner and fielder would switch "ownership" of the bags, again for safety.

Is that too complicated?

Not really. Changing ownership like that applies to the double bag we have now, except no one is aware of how to apply and appeal the rule, so no one worries about it--they just keep (most of the time) from running into each other or stepping on each other, and isn't that the main intent?

The simple rule would be: If someone already has one bag, you have to go for the other. It would not be legal for the fielder to block the bag/plate. It would not be legal for the player to attempt to interfere with the throw or catch in any way. All tag plays would be a "swipe" tag as it is called in the rules.

It would not stop all the contact--there is no stopping clumsiness, but it would reduce contact.

The pitching rules.

The other softball changes would be

in the pitching rules.

We would use the mat. It fits against the plate and makes a rectangular area. Any pitch hitting that area (including the plate) is a strike.

There would be no rules regarding the arc.

Why not force the batter to swing at that meatball that comes in low and slow, instead of rewarding their cowardice with a called ball?

If it hits the mat, it is a strike--period.

Well, maybe I'll back off on that statement a little, else the people who don't understand the intent of the game turn it into a fast pitch game.

Fast pitch is a more competitive sport, but there (currently, and probably never) is no room for it in intramural ball at the Kun.

The pitch would have to be delivered at no more than moderate speed--judgment call by the ump--and hit the mat: Strike.

I am not against judgment calls either, as may be indicated by using the mat.

It is just that we rarely have experts on the strike zone here at the Kun, other than the ones playing or watching, and the mat would make it that much easier for our blues to make the call, and make it consistently.



Weekly schedule

Friday morning breakfast buffet starting at 6:30 a.m.

Daily lunch buffet from 11 a.m.-1 p.m.

Mondays: Mexican

Tuesdays: Oriental

Wednesdays: Texas barbecue

Thursdays: Italian

Fridays: Smorgasbord

Comedy night tonight and tomorrow night starting at 8 p.m.

Sunday brunch from 10:30 a.m.-1 p.m.

\$.10-chicken wings from 6-8 p.m. Sunday night

Latin Night from 9 p.m. -2 a.m. Sunday night

Taco Bar from 6-9 p.m. Tuesday and Sumo wrestling

Mongolian Barbecue Night Thursday and June 27

from 5:30-8:30 p.m.

Fantasy Basketball standings

as of June 5



Team	Wins	Losses
Kingz	7	0
G-Squad	6	1
Dis-Konnect	6	1
Ballaz	4	3
B.T.H.	3	4
Run n' Gun	1	6
B.O.O.M.	0	7
Triple Threat	0	7

Sunday's Championship game

The Kingz take on the G-Squad for the Fantasy Basketball Championship at 4 p.m. in the fitness center.

Classes at the fitness center

Hi/Lo impact aerobics

6-7 p.m., Tuesdays and Thursdays.
Taught by instructor Angela Crawford.
Classes are free of charge.

Hap Ki Do

7:30-8:30 a.m. and 7-8 p.m., Monday through Friday. This class is taught by instructor Master Man Rok Oh, and involves a fee.

Tang Soo Do

6-7:30 a.m. and 7-8 p.m., Monday through Friday. This class is taught by Master Ki Un Choe, and involves a fee.

Tae Kwon Do

8-9 p.m., Monday through Thursday. This class is taught by a world recognized and certified fourth degree black belt instructor, and involves a fee.

For details, call 782-4026

Upcoming events

Stretching Class

11 a.m. and 3 p.m., every Tuesday and Thursday in the Wolf Pack fitness center. This class covers the basic warm-up and cool-down period for a workout. It also covers the proper way to stretch for strength or weight training to promote injury prevention.

Step Challenge

If you enjoy a challenge, this class is just for you. A 10-minute warm-up followed by 45-50 minutes of intense step aerobics. The class finishes with cool-down stretches. For details, call 782-4026.

World Cup soccer trip

The Falcon Community Center will provide transportation to the Poland versus U.S.A. soccer game departing at 2:30 p.m., June 14

For details, call 782-5213

League softball standings

as of May 16



American League

Team	Wins	Losses
35th FS	2	0
MXS A	2	0
80th FS	3	1
MDG	2	1
CS	2	1
CES A	1	1
OSS	1	2
TRANS	1	2
SUPS A	0	1
F-Battery	0	1
SFS	0	2
MSS A	0	2

National League

Team	Wins	Losses
AGE	3	0
AMMO A	2	0
CES B	2	0
E-Battery	1	0
K-9	1	0
SVS	1	1
AMMO B	1	2
CPTF	1	2
FUELS	0	1
WEAPONS	0	2
SUPS B	0	2
MSS B	0	2
607 MMS	0	0

The Back Page



Photo by Staff Sgt. Suellyn Nuckolls



Photo by Staff Sgt. Suellyn Nuckolls



Traffic Management Office moves the Wolf Pack

Top Left: So, In Che (front) and Yi, Chong He cut shipping boards in preparation for a shipment being sent out.

Top Right: The next step is when So and Yi measure the wood needed to build a crate.

Above: Senior Airman Colin Joshua, 8th Transportation Squadron traffic management packing and crating apprentice, prepares to load a pallet onto a truck. Shipments are then either sent out by air or sea.

Right: (right to left) Airman Trevor Phillips, Airman 1st Class Joy Smith, and Senior Airmen Colin Joshua, 8th TRANS traffic management packing and crating apprentices, prepare boxes for shipment – making sure they have the right labels and paper work.



Photos by Airman 1st Class Brian Hill

If you'd like your squadron featured on The Back Page, call the *Wolf Pack Warrior* staff at 782-4705, or e-mail us at wolfpackwarrior@kunsan.af.mil.